



# Cholesterol and the Egg: A Mystery.



There is absolutely no scientific evidence that eating eggs in any way increases the risk of heart attack. Yet the cholesterol bugaboo persists. The mystery is why. Why in the face of overwhelming evidence to the contrary do some people fear eggs cholesterol heart attack?

Millions of dollars have been spent over the years in research and studies by physicians and nutritionists and the mystery persists. There is absolutely no scientific evidence that eating eggs in any way increases the risk of heart attack. We follow these studies very closely because we're America's egg producers and are vitally concerned with the findings. What are the facts?

Eggs contain cholesterol—as do all foods of animal origin—but eating eggs does not increase the blood cholesterol in a normal person. If you set about deliberately to avoid all the cholesterol you could in your diet, your body would still manufacture cholesterol. The less cholesterol you eat, the more your body would manufacture because you need cholesterol. Every cell in your body requires cholesterol for life and cholesterol is the building block of sex hormones.

The late Dr. Paul Dudley White, whom many considered to be America's leading heart specialist, stated, "The amount of cholesterol in the blood—we call it serum cholesterol—is not necessarily related to cholesterol found in food."

Dr. Michael DeBakey, the world famous heart surgeon in an article in *The Journal of the American Medical Association*, wrote, "An analysis of cholesterol values by usual hospital laboratory methods in 1,700 patients with atherosclerotic disease revealed no definite correlation between serum cholesterol levels and the nature and extent of atherosclerotic disease. Eight out of ten patients had cholesterol values below 300 mg/100 ml, the upper limits of normal for the procedure employed. Associated diseases such as diabetes mellitus and arteriosclerotic heart disease, age, and anatomical location and extent of atherosclerotic disease did not significantly alter the distribution of cholesterol values."

**There is absolutely no scientific evidence that eating eggs in any way increases the risk of heart disease is what we've been saying.** We'd like to share the facts with you in the form of a new booklet we've prepared which is yours, free, for the asking. The booklet will give you facts on cholesterol, medical studies, nutritional information. We've even prepared two coupons for your use. Fill in one for yourself and one for someone else to whom you'd like a booklet sent—a friend, relative, your physician, or your child's teacher.

NATIONAL COMMISSION ON EGG NUTRITION

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